

I claim:

1. An engineered lumber stud for use in construction, said stud comprising:  
a first skin piece positioned generally parallel to a second skin piece, said first and second skin pieces attaching to and interconnected by a foam core piece positioned there-between.
2. The engineered lumber stud of claim 1, wherein said first and second skin pieces each define a width, wherein said foam core piece defines a depth, wherein said depth being greater than said width.
3. The engineered lumber stud of claim 1, wherein at least one of said first and second skin pieces is comprised of a lumber panel.
4. The engineered lumber stud of claim 3, wherein said lumber panel is oriented strand board.
5. The engineered lumber stud of claim 4, wherein said foam core piece comprises expanded polystyrene foam.

6. The engineered lumber stud of claim 1, wherein said stud defines a channel defined by said first skin piece, said second skin piece and said foam core piece; said channel configured to receive at least one top plate therein.

7. The engineered lumber stud of claim 1, wherein said stud defines a channel defined by said first skin piece, said second skin piece and said foam core piece; said channel configured to receive at least one bottom plate therein.

8. The engineered lumber stud of claim 1, wherein said stud defines a channel defined by said first skin piece, said second skin piece and said foam core piece; said channel configured to receive at least one spacer configured for attachment to at least one bottom plate.

9. The engineered lumber stud of claim 1, wherein said stud defines a channel defined by said first skin piece, said second skin piece and said foam core piece; said channel configured to receive at least one spacer configured for attachment to at least one top plate.

10. A wall panel for use in the construction of buildings, said wall panel comprising:  
a plurality of spatially positioned, generally parallel engineered lumber studs, each of said studs comprising a first skin piece and a second skin piece positioned in a generally parallel orientation with a foam core piece interspersed there between said first skin piece and said second skin piece;  
at least one top plate attached to a top portion of each of said studs; and  
at least one bottom plate attached to a bottom portion of each of said studs,  
wherein said studs, said top plate and said bottom plate cooperate to form said wall panel.
11. The wall panel of claim 10, wherein each of said studs defines a first channel within said top portion of said stud, said first channel defined by said first skin, said second skin and said foam core, said first channel configured to receive said top plate therein; and wherein each of said studs defines said second channel within a bottom portion of said stud, said second channel defined by said first skin, said second skin and said foam core, said second channel configured to receive said bottom plate therein.

12. The wall panel of claim 10, wherein each of said studs defines said top channel configured to receive a top plate spacer within a top portion of said stud and a bottom channel to receive a bottom plate spacer within said bottom portion of said stud, said top and bottom plate spacers configured for respective attachment to a top plate and a bottom plate.
13. A method of building an engineered lumber stud, said method comprising the steps of:  
creating a panel body having a first structural skin interconnected via an interconnecting  
insulating foam core to a second structural skin; and  
cutting through said first and second structural skins to create a plurality of generally  
parallelepiped engineered lumber studs.
14. The method of claim 13, wherein at least one of said first and second structural skins is comprised of a lumber panel.
15. The method of claim 14, wherein said lumber panel is oriented strand board.
16. The method of claim 13, wherein said interconnecting insulating foam core comprises expanded polystyrene foam.